

Resources Available to Gold Medal Schools

-The **Gold Medal Schools Guide** is a step-by-step guide to help your school implement the Gold Medal Schools program. This guide consists of eight main topics: Criteria breakdown, Mentor and School Coordinator Logistics, Nutrition Resources, Physical Activity Resources, Tobacco Prevention Resources, Supporting Articles, Application and Criteria.

-Two **free trainings** are provided each year to help you achieve the criteria.

-**5 Minute Energizers** is a book featuring short activities that teachers can use in the classroom to provide physical activity for students. These energizers will help your students get 90-150 minutes of physical activity each week to complete Bronze Criteria #1.

-**Rewards Kids Will Crave** is a book that provides teachers with ideas for alternatives to food rewards. This book supports Gold Criteria #2.

-The **Gold Medal Schools Web site:** www.hearhighway.org/gms provides support and recognition to Gold Medal Schools and is updated every two weeks. The **Listserv** is an e-mail sent to schools from the state health department every two weeks. Messages from this Listserv keep members updated on current Gold Medal Schools news.

-A **\$100 stipend** is available to schools each year of participation through the first year of Platinum Focus to help implement the Gold Medal Schools criteria.

-\$50 is available to schools to order **Tobacco Prevention Incentives** through Gold Medal Schools.

-**Plaques** are awarded to schools upon completion of Bronze and Platinum Focus levels. Medals for the plaques will be awarded upon completion of each level.

-“Proud to Be a Gold Medal School” **Banners** are presented to schools upon completion of the Gold level.

-Money is awarded upon successful completion of each award level.

Bronze - \$200

Silver - \$300

Gold - \$500

Platinum - \$300

Platinum Focus (1st Year) - \$200

-**Media Recognition** for Gold Medal Schools is provided to those achieving a level at the end of the year.

-A Gold Medal Schools **Mentor** is assigned to your school. He or she will guide your school to achieve the Gold Medal School criteria, assist you in writing policies and help implement the program.

-A **Local Health Department Representative** supervises your mentor and will be available for questions.

-The **State Health Department** oversees the program statewide and provides resources and trainings to the schools.



Quick Resource Q and A Reference Guide

Resources	How Do I Get Them? When?	Can I Order Additional Copies? How?	Available Electronically?
5 Minute Energizers Booklet	Each school usually receives two copies per grade level, and the mentor or local health department will deliver them	This will be considered on a case-by-case basis. Those interested should contact GMS@utah.gov	Yes, by visiting: www.hearthishighway.org/gms/resources.html , and click on “5 Minute Energizers
Rewards Kids Will Crave: Non-Food Incentive Booklet	Each teacher at the school will receive a copy. They will be provided by the mentor and local health department the year the school goes “Gold.”	This will be considered on a case-by-case basis. Those interested should contact GMS@utah.gov	Yes, by visiting: www.hearthishighway.org/gms/resources.html , and clicking on the “Rewards Kids Will Crave.”
Tobacco Incentives	A school representative (preferably the mentor) must review available incentives at www.hearthishighway.org/gms/gmsinfo/html , and fill out an order form, and the items will be shipped to the address included in the form. Each school may order up to \$50 worth. *Information on these incentives may also be found in the Tobacco Prevention Incentives Folder of the GMS Guide	Yes, additional tobacco incentives may be purchased should schools decide to use part of their \$100 stipend, or their own funding, for that purpose.	N/A However, the order form and list of available incentives is found at www.hearthishighway.org/gms/gmsinfo.html
GMS of the Month Pencil	GMS selects one school each month (September-May) based on success stories submitted to GMS@utah.gov by participating schools. Winning schools receive one pencil per student.	No, these are provided as an incentive to schools who demonstrate above and beyond Gold Medal Schools Success	N/A
GMS Guide	Each mentor and new school coordinator should have received a 2008-2009 GMS Guide cd. Everyone else should refer to the GMS Guide online at www.hearthishighway.org/gms/gmsguide.html .	The GMS Guide cd can be requested on a first come, first serve basis by emailing GMS@utah.gov	Yes, by visiting www.hearthishighway.org/gms/gmsguide.html , all files may be accessed.